



FOR IMMEDIATE RELEASE

Contact:

Shae Havner-Sierer
Healthy Communities Mental Health Action Team Co-Chair
715-839-6790
Shae.Havner-Sierer@co.eau-claire.wi.us

Physical Health is Important to Achieving Balanced Mental Health

Fitness #4Mind4Body—May is Mental Health Month

Eau Claire, WI, May 14, 2018—So much of what we do physically impacts us mentally. That is why this year's theme for Mental Health Month— Fitness #4Mind4Body – is a call to pay attention to both your physical health and your mental health.

A healthy lifestyle may help prevent the onset or worsening of mental health conditions, as well as heart disease, diabetes, obesity and other chronic health problems. It can also help people recover from these conditions. (Remember, mental illnesses are common and treatable!) Eating healthy foods, managing stress, exercising, and getting enough sleep can go a long way in making you both physically and mentally healthy.

This year, the Mental Health Action team set an example by taking to the streets for their second annual flash mob. The goal of the flash mob is to raise awareness, and continue the conversation, about mental wellness. “The flash mob shares an important message to our community, and sets the example that we can get our bodies moving, be active and relieve stress while having fun,” says Shae Havner-Sierer, Co-Chair of the Mental Health Action Team.



“We know that living a healthy lifestyle is not always easy, but it can be achieved by gradually making small changes and building on those successes,” concludes Havner-Sierer. “By looking at your overall health every day – both physically and mentally – you can go a long way in ensuring that you focus on your Fitness #4Mind4Body.”

- **If you or a loved one is struggling with a mental health concern, talk to your/their primary health care physician to get connected to other professionals.**
- **If you need someone to talk to and prefer texting.**
 - Wisconsin HOPELINE. Text HOPELINE to 741-741
- **If you or your loved one is having thoughts of suicide.**
 - Northwest Connections Crisis Line at 1-888-552-6642
 - National Suicide Prevention Line 1-800-273-8255
 - If there is an *immediate risk* for harm call 911.

For more information, visit Mental Health America's website at www.mentalhealthamerica.net/may.

###

Everyone Living Better, Longer